

# VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITAMIN DAILY · SEPTEMBER 2015



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# give *from the* SOLE

*If the shoe fits – donate your shoebox!*

**OCTOBER 1, 2015**

**HOLT RENFREW VANCOUVER**

**5 PM - 9 PM**

Holt Renfrew invites you to put your best foot forward for an evening of charity shoe shopping.

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# THE SARAH FILE

## EDITOR'S LETTER



Welcome to September—my favourite time of year, when the air gets crisp and the colours turn. To me, fall signals new notebooks, cashmere sweaters and suede booties for cool, dry days (because, let's be frank, the best thing about colder weather is we get to wear more clothes). Luckily, our shopping options just got a little richer, with our first Nordstrom opening September 18th (see page 5 for our story on Nordstrom's director of creative projects, Olivia Kim).

Another exclusive this issue is our interview with Jonathan Adler (page 6), who'll be at IDSwest this month. I'll never forget discovering his whimsical design aesthetic at the Parker Hotel in Palm Springs (where we both happen to own homes; see my "PS" travel picks on page 8).

Finally, our beauty bags need an overhaul this time of year, too, so we've highlighted some great products with an emphasis on nature and organics (page 7). Please enjoy!

*Sarah Bancroft* Editor-in-Chief

### What would you like to see featured in VITA?

Contact me: [info@vitamindaily.com](mailto:info@vitamindaily.com)

Twitter [@thesarahfile](https://twitter.com/thesarahfile)

Instagram [@thesarahfile](https://www.instagram.com/thesarahfile)



## SKIN SMARTS

New this month at Clé de Peau is the Synactif line of creams, emulsions and essences developed in collaboration with Harvard Medical School over 12 years. These products work to strengthen lymphatic vessels beneath the skin to rejuvenate and purify the skin. Not only can you purchase the line (named for a gorgeous, lavender-coloured rose from France), you can also experience a Synactif facial right in-store at Holt Renfrew. 737 Dunsmuir St., 604-681-3121. [Holtrenfrew.com](http://Holtrenfrew.com)

## THE SHOEBOX PROJECT

Please join me on October 1st at 5 p.m. for Holt Renfrew's shopping event for the Shoebox Project—an initiative that donates shoeboxes of gifts to women's shelters across Canada. A quartet of amazing women started the charity in 2011, including my friend and *Vitamin Daily* contributor Jessica Mulrone. I'll be showcasing my favourite fall styles in the shoe department (like the suede Prada number below, \$850), so hope to see you there (10 per cent of all sales that evening go directly to the charity). 737 Dunsmuir St., 604-681-3121. [Holtrenfrew.com](http://Holtrenfrew.com)



## FROM FARM TO FACE

We've been testing new Canadian skin-care line Refresh Botanicals that uses natural moisturizing elements and no chemicals or fragrances. The line's genesis was with a group of Saskatchewan farmers researching botanicals and asking, "What else can food crops do?" Cucumber extract calms, cools and soothes, cornflower water conditions and tones, and fig and grape-seed oil diminish fine lines. Pictured left is the Intensive Serum, \$23 at Pharmasave. [Refreshbotanicals.com](http://Refreshbotanicals.com)



## NEW SCHOOL

Celebrating its 10th anniversary this month is Redfish Kids, the all-Canadian brand and one-stop shop for high-quality items that will last all year, like bright Baggu backpacks, Native shoes, soft bamboo leggings, slouchy sweats and famous "Courage" tees. Pictured, left, is the Charlotte dress (\$134), perfect for little princesses like mine. See all five of my back-to-school picks on the store's Facebook page. 851 Hornby St., 604-685-7339. [Facebook.com/redfishkidsclothing](https://www.facebook.com/redfishkidsclothing)

VITA

PUBLISHER DEE DHALIWAL ASSOCIATE PUBLISHER JULIE HAMILTON EDITOR-IN-CHIEF SARAH BANCROFT CREATIVE DIRECTOR ADRIAN CUNNINGHAM  
MANAGING EDITOR NOA NICHOL VANCOUVER EDITOR ADRIENNE MATEI EDITORIAL INTERN KRYSTIN TYSIRE  
COVER ALICE + OLIVIA PACEY LOW V-NECK SILK METALLIC BROCADE DRESS IN GOLD MULTI, \$594 AT NORDSTROM CANADA  
TO ADVERTISE IN VITA EMAIL [VITASALES@GLACIERMEDIA.CA](mailto:VITASALES@GLACIERMEDIA.CA)

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# It's an O.K. World

W

MEET OLIVIA KIM, NORDSTROM DIRECTOR OF CREATIVE PROJECTS, POP-IN SHOP CURATOR AND COOL-HUNTER OF THE HIGHEST DEGREE.

WORDS ADRIENNE MATEI



When Olivia Kim was a kid she didn't play house, she played store.

"My sister and I would go around and put these fake price tags on everything throughout the house," she recalls. "My mom went so far as to buy us sticker and tagging guns, receipt pads with carbon paper, a cash register and shopping baskets. When she needed something back, like her sweater or a can of tomatoes, we would have to handle a customer return."

Having since clocked time in New York's PR jungle, not to mention a decade with urban-style touchstone boutique **Opening Ceremony**, suffice it to say that Kim, now 38, has dropped the early stuff from her resumé. After all, her current role has her calibrating cool for a historic retail giant.

Founded in 1901, **Nordstrom** boasts 304 stores in North America. Of them, Vancouver's new **Pacific Centre** outpost, open September 18th, will be the seventh to feature Kim's exclusive, precisely curated "Pop-In" boutiques—

ever-evolving temporary shopping experiences with monthly themes (say, "poolside" in summer, and "gift 'n' go" for the holidays) featuring items at all price points, often from young designers with unique aesthetics for whom Nordstrom Pop-In inclusion can constitute a big break.

"We don't deliberately set out to hunt trends down," says Kim, whose own online inspo board, which corresponds to Pop-In identities, includes everything from harnesses to paint-splattered jeans, cut-out swimsuits and **Brother Vellies** brogues. "It's our job to be out there and absorbing everything we see—fashion shows, supermarkets, pet stores, libraries, you name it. Almost everything becomes something we can potentially put in a Pop-In shop, from accessories to home and fragrance to tech products and toothpaste."

It's an example of the same careful consideration she's applied to her newest concept, **SPACE**, launching in Nordstrom in Vancouver this month.

"We were speaking with designers who were excited about partnering with us but intimidated by the bigness of our company," Kim explains of the boutique-like in-store environments set to be filled with art and furniture complementary to Nordstrom's niche, high-end clothing collections. "SPACE aims to feel more intimate."

Indeed, the elements of her projects collectively create an atmosphere that's welcoming, fun and, above all, different. It's exciting to welcome a new energy in Nordstrom to our city, and Kim's influence means shoppers can look forward to unconventional collaborations and unpredictable retail experiments from a master curator whose creativity seems truly boundless. In her own words, "We have been given a platform to engage our customers; how we choose to do that is never set in stone." ♥

799 Robson St., 888-282-6060. [Ca.nordstrom.com](http://Ca.nordstrom.com)

## OLIVIA'S FALL CHECK LIST

**THE CLOTHES** Anything **Simone Rocha**. With a **Canada Goose** x Pop-In@Nordstrom custom Montebello parka (pictured above). Bring on the cold!

### THE CAMERA

A **Leica X-E (Typ 102)** Digital. Still made in Germany as it was originally, and so easy to use—just point and shoot!



**THE COSMETICS** **Sisley Paris** All Day All Year Essential Day Care Cream and **3LAB** "Perfect" Sunscreen, both available at Nordstrom.

**THE CRAVING** For some reason fall makes me crave PB&J sandwiches. I've been thinking about them a lot lately.

**THE CURRICULUM** Hiking and exploring. And watching the new season of *Empire*.

# Hot Shops

MEET VANCOUVER'S NEWEST RETAILERS.

D

### DIOR & DIOR HOMME

We'd been walking by the work-in-progress of **Dior's** first Vancouver standalone for months (in fact, we'd made mention of it in *VITA* back in the June) so, by the time we stepped into the pridefully located boutique, our anticipation had really peaked. Inspiration for the shop's design was gleaned from the original concept of Dior's Paris Avenue Montaigne flagship boutique, by Peter Marino (the leather-clad enfant terrible of the architecture world, known for crafting plush spaces to suit heavy spending). Comprised of two selling floors for womenswear, menswear, all manner of accessories (hello, veiled toques we've been coveting forever; can we touch you?)—there's even a mini in-store leather-goods shop, a mini shoe shop and, when we were there, a couple of mini macarons, too. In construction, Dior commissioned contemporary artists to contribute to the design—like Rob Wynne, whose cosmic glass ceilings give the space a larger-than-life feel, and French filmmaker Yoram Mevorach Oyoram, whose video installations play along the staircase, making it look like the inside of a dichroic crystal. Of course, none of this would be complete without a Louis XVI-style marble-and-bronze antique fireplace and Zodiac lighting in the shape of Mr. Dior's Aquarius sign (*Astrology.com* says we'd have been a great creative match!). Oh, Christian. We J'adore. We J'adore very much. 900 W Georgia St., 604-684-3131. [Dior.com](http://Dior.com)



### KIT & ACE ON FOURTH

**Kit & Ace** has opened an outpost in its spiritual homeland: Kitsilano. Spanning 2,000-plus square feet, the shop includes hyper-local artwork and custom designs from area artisans, including polished-copper branch-like lights by **Matt McCormick**, a "Supper Club" table by **Union Wood Co.** and photography by **Tristan Casey**. An in-store exhibit space will feature additional rotating artwork (starting with primary-bright sports-inspired paintings by **Scott Sume**). The clothing, of course, is as luxe, functional and comfortable as expected—all the silky-soft cashmere you could want with none of the dry cleaning, including easy tees, laid-back dresses and skater skirts. Accessories, too, abound, plus certain chic novelties, like "Truth" cards, akin to half of "Truth or Dare." 2235 W Fourth Ave., 844-548-6223, [Kitandace.com](http://Kitandace.com)

# NORDSTROM

*hello, Vancouver*

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# Adler @ Home

AMERICAN DESIGN GURU JONATHAN ADLER IS SLATED TO SPEAK AT THIS YEAR'S IDS WEST, SEPTEMBER 26TH—BUT FIRST, HE'S ANSWERING OUR BURNING QUESTIONS ABOUT THE SHOW AND HIS PERSONAL STYLE. WORDS NOA NICHOL

W

**WHAT WILL YOU FOCUS ON DURING YOUR PRESENTATION AT IDS WEST?**

I'll be talking about my favourite subject: me, me, me. I'm going to talk about my career—everything from my time right out of college working in the entertainment industry (where I got fired from a series of jobs) to my time as a production potter rollerblading to work seven days a week (it was the '90s) to today. You'll laugh, you'll cry and, hopefully, you'll learn from my mistakes. There will be more, but for the rest you'll have to come to the show and hear me in person.

**WHAT OTHER ASPECTS OF THE SHOW ARE YOU LOOKING FORWARD TO EXPERIENCING?**

My plan for the show is to stroll around and be wowed by all the groovy design packed into one place.

**HAVE YOU VISITED VANCOUVER BEFORE? WHAT ARE YOU MOST EXCITED TO SEE AND DO?**

I'll be losing my Vancouver virginity in September. Everyone who has ever been raves about the people, the food and the weather. I can't wait to join the ranks of Vancouver Zealots.



**WHAT PIECES FROM YOUR COLLECTION ARE SET TO MAKE A REAL SPLASH THIS SEASON?**

There's the slightest chance I'm bi-ased but, I think everything from our line is a standout. If I had to pick—a nearly impossible *Sophie's Choice*-type dilemma—I'd say I'm in love with my new Aries table (pictured, left). It's a pared-down interpretation of the classic ram's-head table but done in purple Lucite. It makes me feel like an eccentric glamour-puss. And the new Aspen sofa (below) is unusual, unexpected, sculptural—and totally comfortable.

**ANY TIPS FOR SMALL-SPACE DÉCOR (WE'RE CLEARLY THINKING OF VANCOUVER'S MANY COSY CONDOS)?**

Just because you live in a tiny condo doesn't mean you have to fill it with tiny things. Small furniture can make a small apartment feel even ... smaller. Fill it with pieces you love—just fewer of them. Start with a chandelier that is bigger than you think you need and more expensive than you think you can afford. And make sure it's on a dimmer. You'll seem even more glamorous than you really are, and it'll make your pad look mysterious and jewel box-y.

**WILL OUR CITY BE GETTING ITS OWN JONATHAN ADLER BOUTIQUE SOON?**

I'd love that—more, more, more! The truth is, our countries need to get together and make it easier to do business. ♡

[Idswest.com](http://Idswest.com) for event and ticket info.



# Tata Harper Talks

THE COLOMBIAN-BORN SKIN-CARE ENTREPRENEUR AND PATRON GODDESS OF GREEN BEAUTY DOESN'T COMPROMISE—ESPECIALLY WHEN IT COMES TO HER HEALTH.

WORDS ADRIENNE MATEI

Tata Harper Skincare is venerated for the efficacy of its all-natural beauty products—a category often considered more hippie-dippy than heavy-duty. We chatted with the charming Harper herself at Vancouver's BeautyMark, and came across more than a few cool surprises in conversation:

## SHE'S NOT INTO DIY NATURAL BEAUTY

"I worked with eight chemists, and we took five years to formulate the line. The industry is used to using a lot of standard emulsifiers ... they give lovely texture, but they're like battery acid. We basically take materials that nobody uses, because they're probably, like, 20-times more expensive than all the synthetic alternatives, and use them because they are better for you. It's your health that's on the line. My scientists help me source ingredients, like gums from trees in Africa or waxes from Israeli olives. The guy that makes the products is a chef; he worked in a kitchen before and now he leads a team making all the formulas. He's very meticulous about following the recipe."

## SHE'S A MASTER AT INFILTRATION

Since Gwyneth Paltrow came out saying she sleeps in Tata Harper's Resurfacing Mask (\$62)—a rich, jelly-ish blend of pink clay, elasticizing beet extract, hydrating aloe vera and redness-reducing, anti-inflammatory, radiance-bestowing white willow extract—"everybody has started sleeping with it, exercising with it," Harper says. "Our floral hydrating essence is the most requested product backstage during fashion weeks. One of our recent launches is body scrub, with five kinds of exfoliators: organic sugar, pink Himalayan, Hawaiian salt, apricot-seed powder and cranberry powder. It has so many particle sizes because different sizes let you do a complete micro-polish."



## SHE'S DISCOVERED ORGANIC BOTOX

"Spanish lavender—it is a different variety than the French lavender, which you know is very relaxing for your senses. Well, the Spanish variety does that topically to your skin; it smoothes out wrinkles and gives you, like, the Botox effect. You see the clinical data and you're, like, wow, incredible. Nature really has all the answers."

## SHE'S ALL "MAKEUP, SHMAKEUP"

"I'm really not big into makeup, but I love mixing stuff! When I go out to a party I put on the Face Exfoliator and really rub it on, really polish my skin with it, the cheeks, the forehead ... and with that on I put on the Resurfacing Mask for 20 minutes; it gives you some serious glow. Serious. But clients were desperate for us to start makeup, so we came up with these new Volumizing Lip and Cheek Tints (\$41 each). They're super creamy and have neuropeptides, liposomes and everything you need to make your skin wrinkle-free—not just colour. Because I hate it when people are like, 'Oh, I have very dark shadows, I need a concealer.' Why don't you find a good eye cream, woman? Why do you need to hide?"

## SHE TAKES MARKETING INSPIRATION FROM ... WEEDS

"The colour of my packaging was inspired by our farm in Vermont, where we make something called a Stategrown Beauty Complex, which is in all our products, as well as where we combine the ingredients we get from abroad. "In the summertime, everything is the neon green of our bottles, and then there are yellow dandelions absolutely everywhere; now those colours are our signature." 🍀

At BeautyMark, 1268 Pacific Blvd., 604-642-2294. [BeautyMark.ca](http://BeautyMark.ca)



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# Palm Springs Eternal

WITH NEW SPOTS OPENING, SEEMINGLY, ALWAYS, SUNNY SOCAL IS WORTH A (RETURN) VISIT.  
WORDS SARAH BANCROFT

S

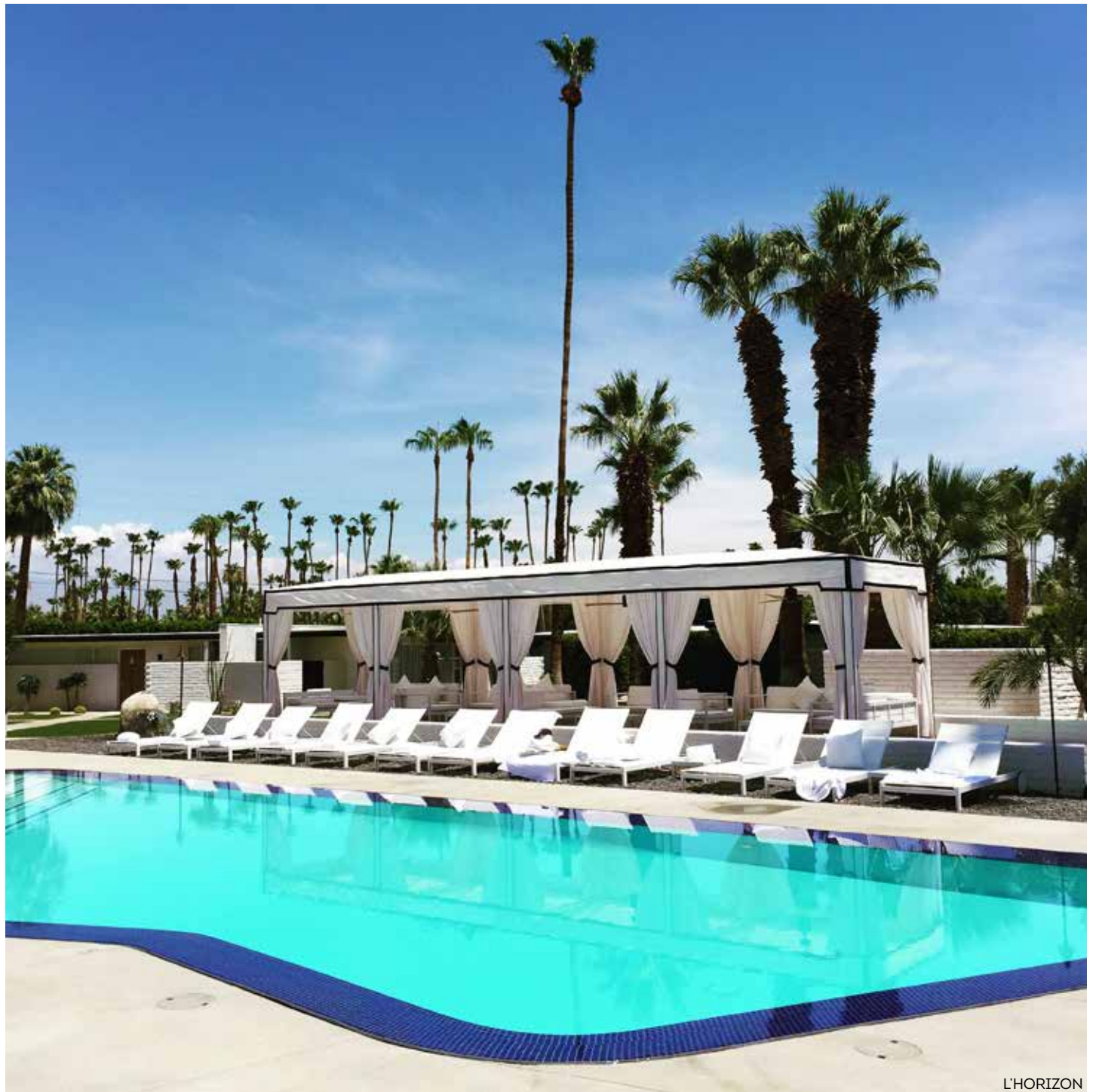
**STAY**

We've been waiting with bated breath for the unveiling of **L'Horizon**—a mid-century modern hotel masterpiece re-invented by storied L.A. designer Steve Hermann. New are a stunning row of tented cabanas at the infinity pool, a tented spa and a plein-air restaurant. The bungalow-style rooms have been updated with new floors and brass bathroom fixtures, while the architectural integrity has been kept intact. This adult-only oasis is instantly the chic-est sleep in the city. *1050 E Palm Canyon Dr., 760-323-1858. [Lhorizonpalmsprings.com](http://Lhorizonpalmsprings.com)*



**DINE**

The new **Rooster and the Pig** bills itself as Vietnamese-American street food with a focus on fresh ingredients and shareable dishes like pork lettuce wraps, crispy fish rolls and green papaya salad, all under \$10. Get there close to opening time, or be prepared to line up. *356 S Indian Canyon Dr., 760-832-6691. [Roosterandthepig.com](http://Roosterandthepig.com)*



L'HORIZON



MR. LYONS

**PLAY**

Hipsters from Vancouver to West Hollywood refuel at **Ernest Coffee** on Stumptown brew by day and, by night, craft rum at adjoining club, **Bootlegger Tiki**. Co-owned by former Vancouverite and photographer Jaime Kowal (who also owns the boutique **Amado Hotel**) along with her architect business partner, it's the cool-and-creative hub of the Springs. *1101 N Palm Canyon Dr., 760-318-4154. [Ernestcoffee.com](http://Ernestcoffee.com)*

**BRUNCH**

The newly rebranded **Avalon Hotel** (once the **Viceroy**) has moved more of its restaurant seating outside, either poolside or in a new tented space filled with embroidered throw pillows, tie-dye runners and gold flatware. The menu at **Chi Chi Restaurant** is by chef Tara Lazare, who is rapidly expanding her fempire of SoCal cuisine, **F10 Creative**. Waiters here wear white sneaks—all the faster to whisk shrimp burgers and fresh peach mimosas to your table. *415 S Belardo Rd., 760-320-4117. [Avalonpalmsprings.com](http://Avalonpalmsprings.com)*

**DRINK**

While **Mr. Lyons**, a reimagined steakhouse from F10, has elevated the dining options in Palm Springs by several notches (and by several zeros), we prefer the adjoining bar, called **The Lounge**, for quiet tête-a-têtes and classic cocktails. *233 E Palm Canyon Dr., 760-327-1551. [Mrlyonsps.com](http://Mrlyonsps.com)*



AMADO HOTEL



MR. LYONS. PHOTO BY AUDREY MA



CHI CHI RESTAURANT

**PARTY**

Karaoke night at the **Ace Hotel** is where you can mingle with locals or just sit poolside eating juicy tacos from a new menu by Brooklyn's **Five Leaves** (the late Heath Leger's concept). Sit back, relax and watch all the craziness ensue, knowing that—as the sign outside says—“Everything will be OK.” *701 E Palm Dr., 760-325-9900. [Acehotel.com](http://Acehotel.com)*



# Playa del Cuisine

SO MUCH MORE THAN BALMY WATERS, SANDY BEACHES AND MAYAN RUINS, PLAYA DEL CARMEN IS COMING UP AS A FOODIE DESTINATION. HERE'S OUR RECIPE FOR THE PERFECT STAY. WORDS **NOA NICHOL**

# B

## BREAKFAST

Though lodging right in Playa will likely mean trading the typical all-inclusive experience for accommodations that give you far more independence, we promise you won't miss the 24-7 buffet. **Hotel La Tortuga**, with its proximity to the beach, pretty, meandering swimming pool, rooftop terraces and, above all, delicious complimentary breakfast service (the best, we think, in town), makes a perfect home base. Take a seat at the hotel's breezy **Como Como** resto from 7 a.m. to 1:30 p.m. daily and choose from the free-for-guests menu of heaping, Mexican-inspired egg dishes, homemade croissants and fresh-squeezed jugo de naranja (read: OJ). [Hotellatortuga.com](http://Hotellatortuga.com)

## LUNCH

After several hours strolling bustling, vehicle-free Fifth Avenue under a blazing sun in search of souvenirs, a food refuel will be in order. **Madrez! Café**, just off the strip, offers several shaded wooden patio tables with a killer view of the sparkling Mexican Caribbean, not to mention cold drinks (try a fresh-fruit-infused lemonade or refreshing iced chocolate) and such light fare as savoury waffles with egg, bacon and Oaxaca cheese, tasty bagel sandwiches with a side of spicy salsa or house-made preserves, and chorizo-and-jalapeño-stuffed tortillas that'll have you saying "Segundos, por favor." [Facebook.com/madrez-cafe](https://www.facebook.com/madrez-cafe)

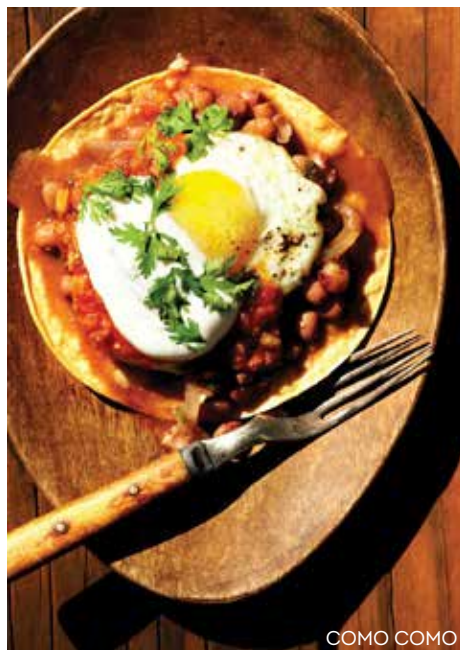


## DINNER

With a dizzying array of dining options available throughout Playa del Carmen, it can be difficult to choose just the right spot for supper. We suggest hitting up **Kaxapa Factory**, where a mainly female crew serves up mainly corn-based Venezuelan cuisine—the best you'll likely have outside that country's borders. Our must-have menu picks: the savoury arepa sandwich, black-bean empanada or sweet, cheese-filled cachapa, any of which should be washed down with fresh soursop juice. It may take more than one visit, but it's worth it. [Kaxapafactory.com](http://Kaxapafactory.com)

## DIY

For those who'd rather earn their fill before eating it, **Co.Cos Culinary School** offers one-off cooking classes that'll see you make (and, yes, scarf down) a multi-course Mexican meal before the night's out. Our hands-on experience opened with traditional tortilla soup (with all the fixins), followed by three types of salsa (with a built-in lesson on chile pepper varieties), grilled flank steak with silky pablano-pepper cream sauce and, for dessert, a south-of-the-U.S.-border play on Bananas Foster. After dinner, enjoy an informative tequila and mezcal tasting courtesy of your instructor (FYI: that worm-in-the-bottle thing? So not Mexican). [Cookinplaya.com](http://Cookinplaya.com)



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# Food for Thought

OUR EDITORS SAMPLE SOME OF THE CITY'S BEST NEW EATS.



G

**GIARDINO**

For 40 years Umberto Menghi's *Il Giardino* restaurant was synonymous with Vancouver fine dining. Now, not a stone's throw from the quintessentially Tuscan-style sunflower-yellow abode that made his name, Menghi's unveiled his new venture called, simply, *Giardino*. Décor is country-ornate, with high ceilings and plenty of storage space for wine and sundries (Menghi's inspiration came from airy Italian granaries, accounting in part for the spot's impressive 240-person capacity, which includes a garden-y patio). Though the restaurant is new, it boasts a cosy ambiance, perhaps thanks to the familiar presence of veteran staff from *Il G*. The menu sees the addition of a crudo bar, from which diners may order wisp-thin tuna carpaccio with sesame seeds and Granny Smith apple sorbet, or classic antipasti and a glass of wine. Have a serious appetite? Tuck into a 36-ounce Porterhouse Fiorentina: a caveman portion for sophisticate tastes. Or, perhaps, Spaghetti Al Nero di Seppia, black with squid ink, tossed with burst cherry tomatoes and succulent chunks of lobster meat. No matter what you order, it will be exquisite and true to its Italian roots. 1328 Hornby St., 604-669-2422. [Umberto.com/giardino](http://Umberto.com/giardino)

LUIS VALDIZON

**ROYAL DINETTE**

If you've followed chef David Gunawan's career to his award-laden *Farmer's Apprentice* and wine bar *Grapes & Soda* via Belgium, Seattle and Chicago, you'll know he likes to keep it simple. But simple doesn't mean unsophisticated; Gunawan's farm-to-table eco-smart culinary inventions are some of the best conceived and executed we've ever had. At his newly opened *Royal Dinette*, he pushes the boundaries even further. Take his now-signature quirky staccato menu descriptions ("Beans. Hazelnuts. Egg. Herbs") that translate beautifully in the elegant-yet-comfortable cream-and-gold room. There's lunch, dinner, drinks and everything in-between. The feeling is French, so the \$25 noontime prix-fixe is a natural choice, and we're happy to see his famous buvette made the menu migration to the new spot. While some ingredients seem challenging (caramelized whey naps with the ling cod) others, like smoked olives, are so darn perfectly simple we dare you to eat just one. 905 Dunsmuir St., 604-974-8077. [Royaldinette.ca](http://Royaldinette.ca)



**GLOWBAL**

Back and better than ever, the new *Glowbal* at Telus Garden is a full-on feast for the senses, starting with its stripped-down North American cuisine. Described by restaurant group president and CEO Emad Yacoub as "adventurous, approachable and delicious," the menu vibes well with the vibrant 17,000-square-foot space, which is designed to give guests an incredible experience, whether they

prefer to people watch, thrive in the thick of the action or feel like they have the place to themselves. A selection of private dining rooms (the widest in the city) range in size and décor, boasting such unique touches as gold wallpaper and quilted leather cladding. Or, snag a seat in your very own human-sized birdcage booth on the patio, and eat under the stars. 590 W Georgia St., 604-602-0835. [Glowbal.ca](http://Glowbal.ca)

**KUMA**

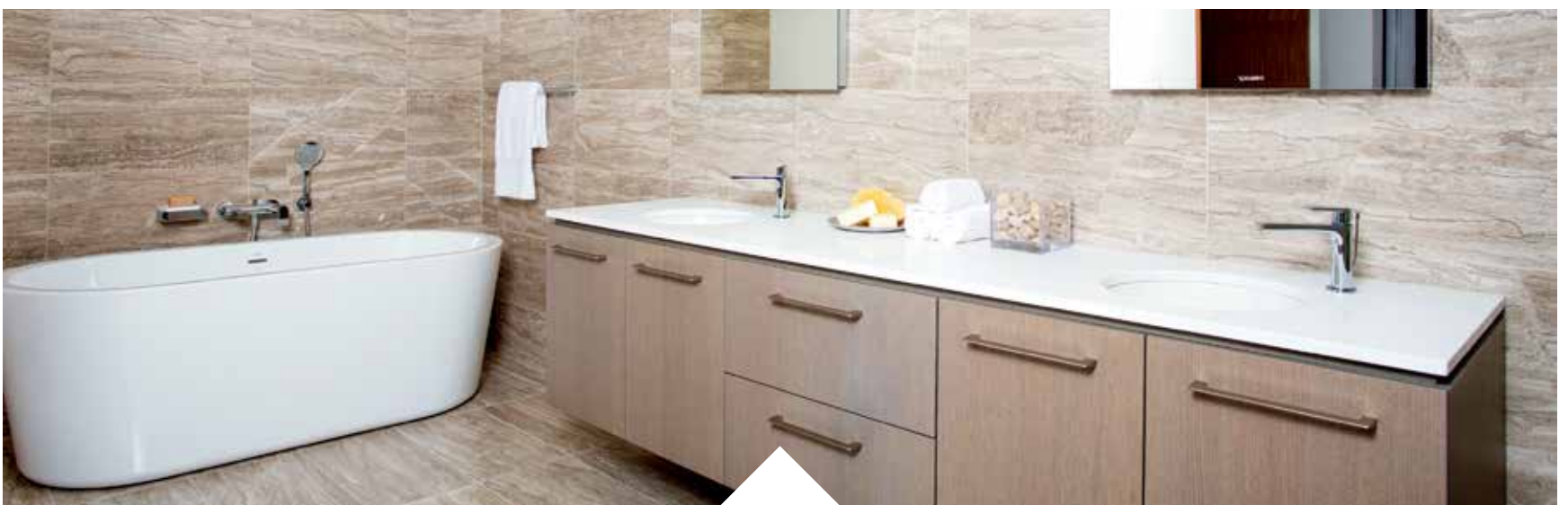
If you're willing to take a ferry ride to Tofino (and, considering the sheer beauty of the place, who among us isn't?), new restaurant *Kuma*, meaning "black bear," has brought modern, elegant, honestly exceptional Japanese food to town. Locally sourced, house-made fare respectfully showcases Vancouver Island's natural bounty. Start with a seaweed salad of dulse, sea asparagus and shiitake followed by lightly crisp-puffed tempura oysters and washed down with a yuzu smash cocktail (this Japanese citrus fruit tastes like sophisticated lemonade). Next, try meltingly tender miso braised beef served with kale, soft-boiled egg and a smear of pungent miso mustard butter sauce. On days when the salt air's thick with damp, piney fog, we can't imagine anything better than a rich bowl of *Kuma's* shio ramen or kimchi udon after a morning surf. 101-120 Fourth St., Tofino, 250-725-2215. [Kumatofino.com](http://Kumatofino.com)

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## 2 RIVER GREEN HAS ARRIVED

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